





# ENVO says:

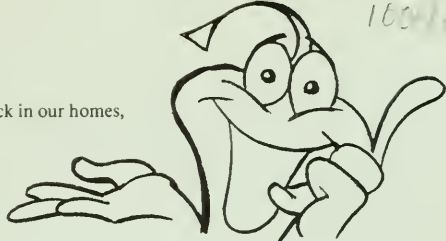
"Water is everywhere..."

"It's in our bodies, in the food we eat, the wood and brick in our homes, and in the air we breathe.

"Without water, nothing on this planet would survive!"

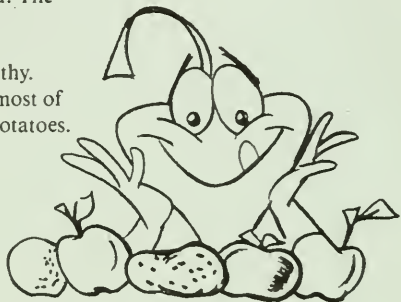
Here are some interesting facts about water...

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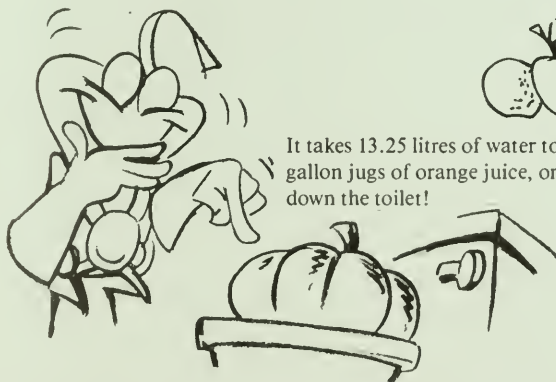


We have water in our bones, muscles, eyes and blood. The human body is made up of 70 per cent water.

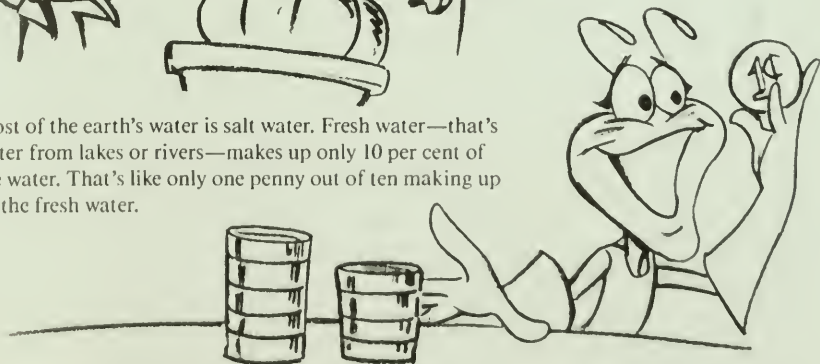
We need about 2 litres of water a day to keep us healthy. But we don't drink that much from the tap. We get most of our water from food such as tomatoes, apples and potatoes.



It takes 13.25 litres of water to flush a toilet. Imagine three gallon jugs of orange juice, or one large pumpkin whirling down the toilet!

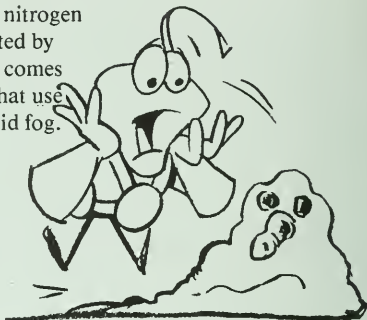
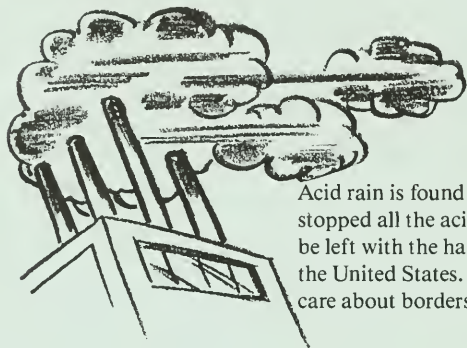


Most of the earth's water is salt water. Fresh water—that's water from lakes or rivers—makes up only 10 per cent of the water. That's like only one penny out of ten making up all the fresh water.



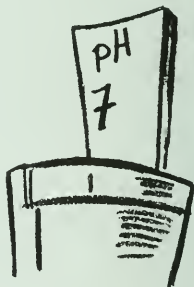
## Some facts about acid rain and water

Acid rain is formed when two gases, sulphur dioxide and nitrogen oxide, mix with moisture and air. Sulphur dioxide is created by power plants and metal smelter factories. Nitrogen oxide comes from vehicle emissions and from home heating systems that use natural gas. As well as acid rain, we get acid snow and acid fog.

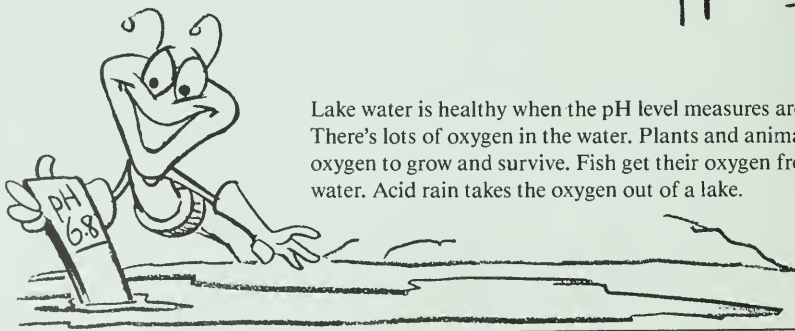


Acid rain is found in many parts of the world. Even if we stopped all the acid-gas emissions in Ontario, we would still be left with the half of our acid-rain problem that comes from the United States. Smoke stacks and blowing winds don't care about borders.

Scientists measure acid rain on a scale called pH factor. This shows how much a substance is acid or alkaline. The scale ranges from 0-14. The more acid, the lower the number. Vinegar and lemon juice, for example, rate 2 on the scale. Pure water is at 7 and milk at 8. Maybe you could do an acid-alkaline test with your teacher.



Lake water is healthy when the pH level measures around 6.8. There's lots of oxygen in the water. Plants and animals need oxygen to grow and survive. Fish get their oxygen from the water. Acid rain takes the oxygen out of a lake.



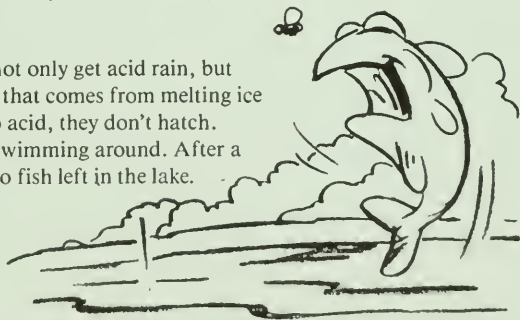
It takes about 20 years before a lake loses its battle against acid rain. When the pH level gets to be around 4, the plants and animals who made the lake their home are affected. Life changes. Plants like algae need very little oxygen to survive and start taking over the lake.



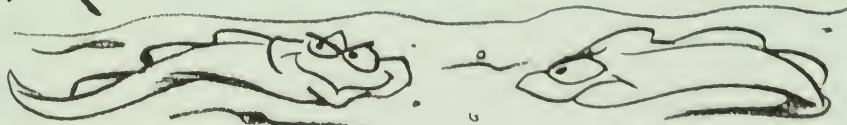
### A little about life in water.

Water in a lake or stream is filled with life. Insects, fish, plants and animals and even creatures you can't see, they are all important to a healthy lake.

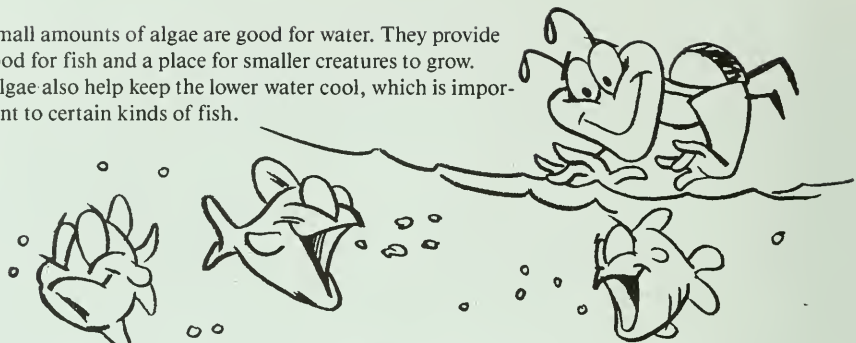
Fish eggs hatching in the spring not only get acid rain, but they also get a dose of acid water that comes from melting ice and snow. Eggs are so sensitive to acid, they don't hatch. Eventually, only old fish are left swimming around. After a while, they die off and there are no fish left in the lake.



If fresh water is very dirty, you'll only see creatures like aquatic worms and grey leeches. They need very little oxygen to survive. Insects, such as mayflies and blackflies, lay their eggs in clean water. Their young need much oxygen to grow.



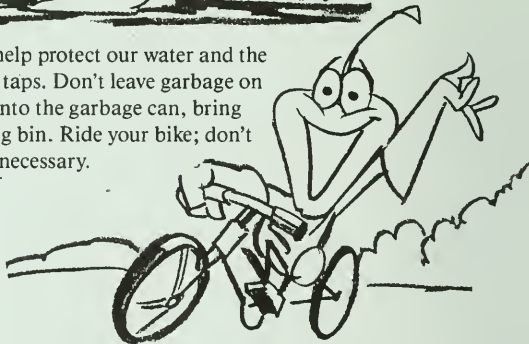
Small amounts of algae are good for water. They provide food for fish and a place for smaller creatures to grow. Algae also help keep the lower water cool, which is important to certain kinds of fish.



Too much algae makes the water turn to a green-brown color. After a storm, algae can turn into a black ooze and wash up on the shore. Algae can smell fishy, grassy or like rotten cabbage.



There are many things you can do to help protect our water and the environment. Turn off those dripping taps. Don't leave garbage on the beach—or anywhere else—put it into the garbage can, bring cans and bottles home for the recycling bin. Ride your bike; don't ask your parents for a drive if it's not necessary.



For a copy of **What You Can Do to Protect the Environment**, please contact  
Environment Ontario, 135 St. Clair Avenue West, Toronto, Ontario M4V 1P5  
(416) 323-4321





